

CLAIMS

What is claimed is:

1. A method for making a sandwich, the method comprising the steps of:

5           a) providing a pre-baked bread bun with an exterior crust;

b) forming a cavity in the bread bun without an interior crust, and an opening in the exterior crust extending to the cavity; and

10           c) inserting sandwich fixings through the opening and into the cavity of the bread bun.

2. A method in accordance with claim 1, wherein the step of forming the cavity and the opening further includes the step of  
15           drilling into the bread bun with an elongated, hollow, cylindrical drill bit.

3. A method in accordance with claim 2, wherein the step of drilling into the bread bun further includes the step of:

20           a) placing the bread bun into a holding enclosure with a longitudinal axis of the bread bun aligned with a longitudinal axis of the drill bit;

              b) rotating the drill bit; and

c) inserting the drill bit into the bread bun by displacing either the holding enclosure or drill bit relative to the other along the longitudinal axes.

5       4. A method in accordance with claim 1, wherein the step of inserting sandwich fixings further includes the steps of:

- a) providing a flexible sheet;
- b) placing the sandwich fixings on the flexible sheet;
- c) rolling the flexible sheet into a sleeve with the sandwich fixings therein;
- d) inserting the sleeve and sandwich fixings into the cavity of the bread bun; and
- e) withdrawing the flexible sleeve from the bread bun while preventing the sandwich fixings from exiting the bun.

15      5. A method in accordance with claim 4, wherein the step of withdrawing the flexible sleeve from the bread bun while preventing the sandwich fixings from exiting the bun further includes the steps of:

- a) locating a stopper near the opening in the bread bun and near one end of the sleeve;
- b) grasping the end of the sleeve and withdrawing the sleeve from the bread bun; and

c) maintaining the position of the stopper relative to the bread bun, such that the sandwich fixings abut the stopper as the sleeve is withdrawn to prevent the sandwich fixings from exiting the bun.

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6. A method in accordance with claim 4, wherein the step of withdrawing the flexible sleeve from the bread bun while preventing the sandwich fixings from exiting the bun further includes the steps of:

- 10           a) providing an elongated stopping member with a longitudinal axis;
- b) placing the bread bun into a holding enclosure with a longitudinal axis of the bread bun aligned with the longitudinal axis of the stopping member;
- 15           c) securing a gripping mechanism to the sleeve; and
- d) displacing either the stopping member or gripping mechanism relative to the other along the longitudinal axes to withdraw the sleeve from the bread bun while the stopper abuts to the sandwich fixings.

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7. A method in accordance with claim 1, wherein the step of inserting sandwich fixings further includes the steps of:

- a) providing a carrier to insert the sandwich fixings into the cavity of the bread bun;
  - b) placing the sandwich fixings in the carrier;
  - c) inserting the carrier and sandwich fixings into the cavity of the bread bun; and
  - e) withdrawing the carrier from the bread bun while preventing the sandwich fixings from exiting the bun.

8. A method for inserting a first, filling-type foodstuff  
10 into a second, shell-type foodstuff, the method comprising the  
steps of:

- 15            a) forming a cavity in the second foodstuff;  
              b) placing the first foodstuff in a carrier;  
              c) inserting the carrier and first foodstuff into the  
cavity of the second foodstuff; and  
              d) withdrawing the carrier from the second foodstuff  
while preventing the first foodstuff from exiting the second  
foodstuff.

20        9. A method in accordance with claim 8, wherein the first  
foodstuff includes sandwich fixings; and wherein the second  
foodstuff includes a bread bun.

10. A method in accordance with claim 8, wherein the step of forming the cavity further includes the step of drilling into the second foodstuff.

5       11. A method in accordance with claim 8, wherein the step of placing the first foodstuff in the carrier includes:

            placing the first foodstuff on a flexible sheet.

10       12. A method in accordance with claim 11, further comprising the steps of:

            a) locating a stopper near the second foodstuff and near one end of the sleeve;

            b) grasping the end of the sleeve and withdrawing the sleeve from the second foodstuff; and

15       c) maintaining the position of the stopper relative to the second foodstuff, such that the first foodstuff abuts the stopper as the sleeve is withdrawn to prevent the first foodstuff from exiting the second foodstuff.

20       13. A method in accordance with claim 11, further comprising the steps of:

            a) providing a stopping member;

            b) placing the second foodstuff into a holding enclosure;

- c) securing a gripping mechanism to the sleeve; and
- d) displacing one of the stopping members or gripping mechanism relative to the other to withdraw the sleeve from the second foodstuff while the stopper abuts to the first foodstuff.

14. A method for making a sandwich, the method comprising the steps of:

a) providing a pre-baked bread bun with an exterior crust;

b) forming a cavity in the bread bun and an opening in the crust extending to the cavity:

c) providing a flexible sheet:

d) placing sandwich fixings on the flexible sheet;

e) rolling the flexible sheet into a sleeve with the sandwich fixings therein;

f) inserting the sleeve and sandwich fixings through the opening and into the cavity of the bread bun; and

g) withdrawing the flexible sleeve from the bread bun

while preventing the sandwich fixings from exiting the bun.

15. A method in accordance with claim 14, wherein the step of forming the cavity and opening further includes the step of

drilling into the bread bun with an elongated, hollow, cylindrical drill bit.

16. A method in accordance with claim 15, wherein the step of

5 drilling into the bread bun further includes the step of:

a) placing the bread bun into a holding enclosure with a longitudinal axis of the bread bun aligned with a longitudinal axis of the drill bit;

b) rotating the drill bit; and

10 c) inserting the drill bit into the bread bun by displacing one of the holding enclosure or drill bit relative to the other along the longitudinal axis.

17. A method in accordance with claim 14, wherein the step of

15 withdrawing the flexible sleeve from the bread bun while preventing the sandwich fixings from exiting the bun further includes the steps of:

a) locating a stopper near the opening in the bread bun and near one end of the sleeve;

20 b) grasping the end of the sleeve and withdrawing the sleeve from the bread bun; and

c) maintaining the position of the stopper relative to the bread bun, such that the sandwich fixings abut the stopper

as the sleeve is withdrawn to prevent the sandwich fixings from exiting the bun.

18. A method in accordance with claim 14, wherein the step of  
5 withdrawing the flexible sleeve from the bread bun while preventing the sandwich fixings from exiting the bun further includes the steps of:

- a) providing an elongated stopping member with a longitudinal axis;
- b) placing the bread bun into a holding enclosure with a longitudinal axis of the bread bun aligned with the longitudinal axis of the stopping member;
- c) securing a gripping mechanism to the sleeve; and
- d) displacing one of the stopping member or gripping mechanism relative to the other along the longitudinal axes to withdraw the sleeve from the bread bun while the stopper abuts the sandwich fixings.

19. A method in accordance with claim 14, wherein the step of  
20 placing the sandwich fixings on the flexible sheet further includes the steps of:

- a) stacking sliced meat, sliced cheese, sliced vegetable or fruit, and condiments in layers on the flexible sheet; and

b) rolling the layers into arcuate layers in the sleeve.

20. A sandwich, comprising:

a) a bread bun with a cavity; and

5 b) sandwich fixings, inserted into the cavity of the bread bun by:

1) placing the sandwich fixings onto a carrier;

10 2) inserting the carrier with sandwich fixings therein into the cavity of the bread bun; and

3) withdrawing the carrier from the cavity of the bread bun while preventing the sandwich fixings from exiting the cavity.

21. A sandwich in accordance with claim 20,

15 wherein the bread bun further includes an exterior crust

and an opening through the crust into the cavity; and

wherein the cavity is formed by drilling through the crust and into the bread bun with an elongated, cylindrical drill bit without creating an interior crust.

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22. A sandwich in accordance with claim 20, wherein the sandwich fixings are inserted into the bread bun by:

- 1) placing the sandwich fixings onto a flexible sheet;
  - 2) rolling the flexible sheet into a sleeve with the sandwich fixings therein;
- 5                   3) inserting the flexible sheet with sandwich fixings therein through the opening and into the cavity of the bread bun; and
- 10                 4) withdrawing the sleeve from the cavity of the bread bun while preventing the sandwich fixings from exiting the cavity.

23. A sandwich in accordance with claim 20, wherein the sandwich fixings include sliced meat, sliced cheese, a vegetable or fruit, and condiments, inserted into the cavity by:

- 15                 a) stacking all the sandwich fixings in layers on the flexible sheet; and
- b) rolling the layers into arcuate layers in the sleeve.